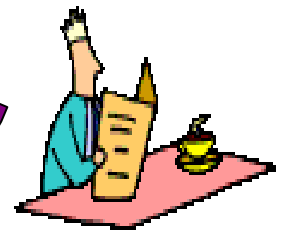


Tips for Dining Out!



1. Choose your beverage wisely

- Water, low fat or fat free milk, unsweetened tea or other unsweetened beverage
- Add lemon to water
- Avoid drinking alcohol with meals

2. Start your meal with veggies

- Have a salad as an appetizer
- Ask for a side of veggies

3. Ask for whole wheat

- Bread, pizza dough, noodles
- Fiber keeps you fuller longer

4. Have your salad dressing on the side

- Can control how much used
- Vinaigrettes tend to be healthier than creamy dressings

5. Have grilled, baked, or steamed vegetables

- Better than fried

6. Go to a menu restaurant instead of a buffet style restaurant.

- Easier to control how much you eat

7. Watch portion sizes

- Smaller options rather than large or extra large
- Kids menu options

8. Take half of your meal home with you

- Ask for a to-go container right when you get your food.
- Place half in the container for another meal

9. On long trips, pack healthy snacks

- Fruits, veggies, nuts, yogurts

10. Limit fat and sugars

- Look at nutrition facts sheets for the restaurants, find better options before ordering
- Skip or share dessert

